Vegetable Pizza

A vegetable pizza is a light weight pizza. A summery treat fresh from the garden. A variety of vegetables can be used. Red or green peppers can be used, if there is no food allergy to them. Diced yellow squash, zucchini, mushrooms, and onions are the staple of a vegetable pizza. Round vegetables, such as peas, might roll off. However, pre cooked green beans work. Corn adds a bit of a fall flavor. When preparing a vegetable pizza, include enough extra time to pick, wash, and slice the vegetables. Frozen vegetables will work. However, they need extra cooking time if frozen.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Cheese (lactose)
- Flour (gluten)
- Mushrooms
- Onions
- Pepper
- Peppers
- Pizza sauce (tomatoes)
- Spices
- Squash
- Zucchini

Meatless Preparation Avoid:

- Cheese
- Substitute with: _____

Utensils:

- Cutting board
- Knife

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: A large pizza pan

Ingredients:

Meat: None

Vegetables:
4 ounces of sliced mushrooms
1/4 cup diced onions
1/4 cup diced yellow squash
1/4 diced zucchini
Optional:
1/4 cup of corn
1/4 cup diced red or green peppers

Other ingredients:
4 ounces of shredded cheese (gluten and lactose free)
1 large pizza crust (gluten free)
3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

Preparation time: 20 minutes

Preparation:
1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 3.5 ounces of pizza sauce (1/4 of a 14 ounce jar) on the crust.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Wash, chop, and spread vegetable ingredients across the crust. Including:
   4 ounces of sliced mushrooms
   1/4 cup diced onions
   1/4 cup diced yellow squash
   1/4 diced zucchini
   Optional:
   1/4 cup of corn
   1/4 cup diced red or green peppers
5. Sprinkle remaining 2 ounces of cheese on top.
6. Place pan in oven and set timer.

Cook Temperature: 425 degrees

Cook Time: About 18 to 20 minutes. It takes longer the more ingredients used.

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months ** Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.